

UP Cross Country Coaches Association (UPCCCA) Awards – 2025

Boys – All-State Honors

Division 1

1. Gabe Litzner - Sault Ste. Marie
2. Rorik Holmquist - Marquette
3. Peter Argeropoulos - Marquette
4. Lucas Ballard - Marquette
5. Shea Armstrong - Sault Ste. Marie
6. Henry Plummer - Negaunee
7. Benjamin Hemmer - Houghton
8. Drew Burt - Sault Ste. Marie
9. Brandon Van Karsen - Houghton
10. Simon Jaklin - Negaunee
11. Adam Brandt - Sault Ste. Marie
12. Beepsee Teeple - Marquette
13. Luke Skytta - Marquette
14. Garrett Crimmins - Marquette
15. Jared Waterman - Ishpeming Westwood

Division 2

1. Cameron Anderson - Painesdale-Jeffers
2. Landon Larson - Painesdale-Jeffers
3. Steven Kirschner - Rudyard
4. Branson Anderson - Painesdale-Jeffers
5. Jacob Mitchell - Pickford
6. Blake Heltunen - Painesdale-Jeffers
7. Seth Templeton - Rudyard
8. Eli Folkersma - Rudyard
9. Blake Lakosky - Munising
10. Kasen Helminen - Painesdale-Jeffers
11. Tage Rajala - Painesdale-Jeffers
12. Kevin Jackson - Manistique
13. Logan Holm - Ironwood
14. Brexton Kinnunen - Painesdale-Jeffers
15. Eduel Spenser - West Iron County

Division 3

1. Ethan Snyder - Cedarville
2. Kemper Gearhart - Ishpeming
3. Ashdeyn Gerow - Rock-Mid Peninsula
4. Nate Stielstra - Engadine
5. Dalton Champion - St. Ignace
6. Wyatt Huhn - St. Ignace
7. Canon Kuntze - Stephenson
8. William Hoffman - Crystal Falls Forest Park
9. Mateusz Wozniak - Ishpeming
10. Jon Denkins - Rapid River
11. Hayden Smith - Crystal Falls Forest Park
12. Niko Reed - Dollar Bay
13. Duane Krenek - Engadine
14. Julian Suriano - Newberry
15. Eli Stiglitz - Rock-Mid Peninsula

Boys – All-UP Honors

Division 1

16. Cavin Carlson - Ishpeming Westwood
17. Welly Fillmore - Marquette
18. Daniel Bowerman - Sault Ste. Marie
19. Chase Aldridge - Sault Ste. Marie
20. Ian Southwell - Sault Ste. Marie
21. Anderson Limkemann - Houghton
22. Kingston Berube - Escanaba
23. Gabriel Hjerstedt - Houghton
24. Cole Ceane - Houghton
25. Grady Nelson - Gladstone

Division 2

16. Oliver Dankert - Rudyard
17. Jace Symons - Gogebic (WM/B)
18. Javan Hauswirth - Norway
19. Curtis Archambeau - Hancock
20. Zaine Nichols - Rudyard
21. Dylan Krause - Munising
22. Bryce Mitchell - Rudyard
23. Ayden Rau - Gogebic (WM/B)
24. Austin Lutch - Pickford
25. Garrett Forfinski - Pickford

Division 3

16. Ezra Asher - St. Ignace
17. Reuben Rasner - Crystal Falls Forest Park
18. Joey Mainville - Crystal Falls Forest Park
19. Landon Halkola - Dollar Bay
20. Kallan Bruno - Newberry
21. Jae Poma - Rapid River
22. Owen Truitt - Rapid River
23. Caleb Kentala - Dollar Bay
24. William Hanna - Cedarville
25. Cole Ozoga - Eben Junction Superior Central

Girls – All-State Honors

Division 1

1. Ella Fure - Marquette
2. Maria Murvich - Kingsford
3. Keira Waterman - Negaunee
4. Holly Cooke - Houghton
5. Sela Niska - Houghton
6. Cora Goulet - Sault Ste. Marie
7. Emma Ziegler - Marquette
8. Evelyn Grant - Marquette
9. Esme Ulland-Joy - Marquette
10. Isabelle McCord - Sault Ste. Marie
11. Winley Brandt - Menominee
12. Stephanie Jones - Sault Ste. Marie
13. Isabeau Woodard - Sault Ste. Marie
14. Regan Sporte - Sault Ste. Marie
15. Eryn Veverka - Marquette

Division 2

1. Melissa Kirschner - Rudyard
2. Addie Bowerman - Munising
3. Jill Berg - Hancock
4. Remi Coponen - Painesdale-Jeffers
5. Lydia Pelli - Hancock
6. Claire Heltunen - Painesdale-Jeffers
7. Lindsey Masterson - Rudyard
8. Ashlynn Mitchell - Rudyard
9. Aubrey Miller - Gogebic (WM/B)
10. Olivia Cotey - Munising
11. Lauren Adams - Norway
12. Kaylee Baldwin - Norway
13. Aubrey Baldur - Ironwood
14. Kelsie Allen - Rudyard
15. Lauren Larson - Hancock

Division 3

1. Talya Schreiber - Pickford
2. Samantha Taylor - Newberry
3. Abby Taylor - Newberry
4. Molly McNamara - Newberry
5. Lily Froese - L'Anse
6. Bree Besonen - Ewen-Trout Creek
7. AJ Feleppa - St. Ignace
8. Kwynn Voskuhl - L'Anse
9. Sophie Mahoski - Ishpeming
10. Teryn Firack - Pickford
11. Faith Cappaert - Stephenson
12. Autumn Broomfield - Watersmeet
13. Karly Grant - St. Ignace
14. Princess Pierre - L'Anse
15. Aaliyah Maki - L'Anse

Girls - All-UP Honors

Division 1

16. Jovie Williams - Houghton
17. Brynn Wicich - Negaunee
18. Tessa Rautiola - Houghton
19. Nori Korsman - Negaunee
20. Ava Cantway - Marquette
21. Bethany McParlan - Calumet
22. Maija Keranen - Calumet
23. Payton Takkunen - Gladstone
24. Lexi Gilbert - Gladstone
25. Romi Mattson - Houghton

Division 2

16. Marie Thompson - Hancock
17. Landri Rossler - Norway
18. Abby Bradway - Hancock
19. Amelia Fountain - Rudyard
20. Emma Folkersma - Rudyard
21. Zoey Kidd - Munising
22. Ryan Routheaux - Ironwood
23. Lacey Mattson - West Iron County
24. Anneli Meyer - Gogebic (WM/B)
25. Annabell Dankert - Rudyard

Division 3

16. Sylvia Aho - Chassell
17. Emma Besonen - Ewen-Trout Creek
18. Evonna LaCosse - Big Bay De Noc
19. Julia Poma - Rapid River
20. Lily Halkola - Dollar Bay
21. Rylie Cole - Stephenson
22. Lillian Carrick - Brimley
23. Alyssa DeCremer - Ewen-Trout Creek
24. Sarah Chapman - Engadine
25. Aybri Sorenson - Baraga

Coaches of the Year:

Division 1:

Kyle Detmers/Mike Leannes - Marquette
Traci Welch - Houghton

Division 2:

Mike Kirschner - Rudyard

Division 3:

DJ Rasner - Crystal Falls Forest Park

Boys Runner of the Year:

Gabe Litzner - Sault Ste. Marie

Boys All-UP Dream Team:

1. Gabe Litzner - Sault Ste. Marie
2. Rorik Holmquist - Marquette
3. Peter Argeropoulos - Marquette
4. Lucas Ballard - Marquette
5. Cameron Anderson - Painesdale-Jeffers
6. Shea Armstrong - Sault Ste. Marie
7. Henry Plummer - Negaunee

Boys All-UP Dream Team Honorable Mention:

1. Ethan Snyder - Cedarville

Teams of the Year:

D1 Boys: Marquette

D2 Boys: Painesdale-Jeffers

D3 Boys: Crystal Falls Forest Park

D1 Girls: Marquette

D2 Girls: Rudyard

D3 Girls: L'Anse, Newberry

Girls Runner of the Year:

Talya Schreiber - Pickford

Girls All-UP Dream Team:

1. Talya Schreiber - Pickford
2. Samantha Taylor - Newberry
3. Ella Fure - Marquette
4. Maria Murvich - Kingsford
5. Abby Taylor - Newberry
6. Keira Waterman - Negaunee
7. Holly Cooke - Houghton

Girls All-UP Dream Team Honorable Mention:

1. Molly McNamara - Newberry
2. Bree Besonen - Ewen-Trout Creek